

## **“Spiritual Communion”**

As you know, in order to try to limit the spread of Covid-19, the Bishops have decided to suspend all public Masses for the foreseeable future.

This means that many people who are used to receiving Holy Communion regularly at Mass will not be able to do so for the time being.

During this “Eucharistic Fast” one way to keep close to the Lord is to make a “Spiritual Communion.” This is an ancient spiritual tradition of the Church which consists in making a simple act of “spiritual communion,” whereby we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to receive Holy Communion.

St. Thomas Aquinas defined a Spiritual Communion as “an ardent desire to receive Jesus in the Most Holy Sacrament [in Communion at Mass] and in lovingly embracing Him as if we had actually received Him.” You can make a Spiritual Communion whenever and wherever you like, using the prayer given below, or others like it, or your own heartfelt thoughts.

### **An Act of Spiritual Communion**

**My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.**

Remember, you can receive Jesus *in your heart* from *anywhere* you might happen to be, at *any time, day or night!* You just need to approach Him with sincerity, humility and a desire to follow in His footsteps in acts of faith and charity. And He’s delighted when we do so! The Catechism teaches that a Spiritual Communion “is an act of devotion, and one very pleasing to God.”

Countless saints incorporated this type of prayer into their daily lives. Making an act of spiritual communion for them was an essential part of life and drew them closer to God on a daily basis. St. Josemaria Escriva encouraged everyone to make a spiritual communion as often as they could, “What a source of grace there is in spiritual communion! Practice it frequently and you’ll have greater presence of God and closer union with him in all your actions.” Padre Pio also had a habit of making a spiritual communion throughout the day outside of the celebration of Mass. He desired to be always united with Jesus Christ in everything he did.

A prayer of spiritual communion can be prayed at any time, even in the midst of your daily work by lifting up your thoughts to God. The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal.